

Halifax Skating Club – Spring 2026 Information

Registration

All STARSkate Academy registrations are completed online through the Halifax Skating Club website. The \$61.65 Skate Canada fee applies to all HSC Home Club skaters for the 2025–2026 season. HSC and BSC home club skaters will have priority registration. Sessions may be adjusted as needed to balance groups. Please refer to the club website for full program details and policies, including the refund policy.

Skate-Up & Skate-Down Requests

Skate-Up: Requests must come directly from the skater's base coach.

Skate-Down: Skaters may move down one level if space is available after that level has registered.

On-Ice & Off-Ice Training

Programs include both on-ice and off-ice classes to support overall athlete development. Skaters are expected to participate in both for the full experience. Off-ice, edges/turns, and stroking classes are included in the registration fee. Additional specialty sessions or seminars may be offered at an extra cost.

Off-ice spaces and dressing rooms are for skaters only. Parents are not permitted in dressing rooms.

Payment

Payment can be made in full at registration or through a deposit with monthly payments: *April 1, May 1, June 1* All payments must be arranged online. A \$25 admin fee applies for more than one change per season.

Code of Conduct

All skaters and parents are expected to follow Skate Canada and Halifax Skating Club Codes of Conduct. The Skater/Parent Agreement will be completed during registration. Failure to follow club expectations may result in disciplinary action.

Assessment Day STAR 6+ Assessment Day will be scheduled during the spring season Tentative Tuesday June 16th

Drop-In Sessions—Drop-in spots may be available if space permits. Must be purchased by 12:00 PM the day prior through the HSC website Skaters must confirm availability with their coach before registering

Refund Policy—Please view our refund policy on the website

Halifax Skating Club reserves the right to adjust or cancel sessions due to registration, special events, or unforeseen circumstances. There are no make-up or refunds for weather-related cancellations or rink closures.

Volunteer Opportunities- We welcome volunteers to support events and club activities.

To get involved, please contact: vicepresident@halifaxskatingclub.com



Spring 2026
StarSkate Academy
BRONZE SILVER GOLD



April 12 to June 16, 2024

Centennial Arena & Greenfoot Energy Centre

Special Events Spring 2026

Halifax Skating Club is please to offer a number of special events for Spring 2026. Please read carefully.

STARS ON ICE – Join Us! -

Skaters, let's watch **Stars on Ice** together as they kick off their tour in Halifax!

Date: Thursday April 23, 2025

Time: 7:00 PM

Location: Scotiabank Centre

Get your tickets on the HSC Club Website **by March 18th!** (Find them under "Products")

Bonus perks may be available based on ticket sales—stay tuned!



Champions Circle Weekend— Where Legends Shine & Futures Begin

2026 HSC Banquet Weekend Celebration

Friday, May 29 – Sunday, May 31, 2026

Get ready for one of the most exciting weekends of the season. This is your chance to train, celebrate, and connect with your HSC community, all in one unforgettable weekend. Spend time on the ice with top-level coaches, learn new skills, and be part of a weekend that brings everyone together to wrap up the season in a meaningful and fun way.

Event Highlights:

Friday, May 29

10:00am—1pm

Private lessons

The Oulton-Stanish Centre (Dal)

4:00 PM – 8:30 PM

Seminar

Centennial

Special Guests: Karen Preston & Guest Skater

Saturday, May 30

10:00 AM – 2:00 PM

Seminar

The Oulton-Stanish Centre (Dal)

5:30—9pm

Awards Banquet

Atlantica Hotel

Special Guests: Karen Preston & Guest Skater

Sunday, May 31

12:00—7pm

On ice group sessions

Centennial

Special Guests: Karen Preston & Guest Skater

Meet Our Guests—

Karen Preston — An internationally respected coach known for her strong technical eye and ability to connect with skaters at every level. Karen brings a wealth of experience and a practical approach that helps skaters make real progress on the ice.

Guest Skater (TBD) — We're excited to welcome a special guest skater who will join us on the ice, share their experience, and bring an extra level of inspiration to the weekend. Stay tuned for the announcement.



This weekend is about more than just skating. It's about celebrating the season, recognizing progress, and creating moments your skaters will remember. Registration details will be shared soon.



Awards Banquet

Saturday May 30, 2026
Atlantica Hotel *Details TBA*

With Special Guest— Olympian and World Level Coach **Karen Preston**



HALIFAX SKATING CLUB



Spinner & Harness Training

An off-ice training system used to safely develop rotation, air position, and body control. Skaters start on an electric spinner to build control, then progress into the harness to work on rotation speed and positioning with support.

- Builds confidence and reduces fear of falling
- Improves technique and alignment
- Allows safe, repeated practice
- All sessions are conducted by a Skate Canada coach.

Full sign-up details will be shared with STARSkate Academy families in early April.

Come Watch the Show

MARK YOUR CALENDAR SPIRIT OF THE GAMES 2026 ICE SHOW



APRIL 12, 2026 - CENTENNIAL ARENA



A CELEBRATION OF SPORT AND SPIRIT

Join us for one of the highlights of the season as Halifax and Bedford Skating Clubs come together for our 2026 Ice Show.

This is a chance to see our skaters of all levels take the ice, perform with confidence, and celebrate everything they've worked toward this season. It's a fun, high-energy event and a great way to support our skating community.

Tickets

Tickets will be available for purchase through the Bedford Skating Club (BSC) website. A direct link will also be posted on the HSC Ice Show page for easy access.

We encourage all Academy families to come out, cheer on our skaters, and be part of a really special day at the rink. Bring your family, invite your friends, and help us fill the stands.

PATHWAYS

CANSKATE

Skate Canada National Learn To Skate Program

CansKate PathingPlus

- * PreCan age 3-6
- * CansKate age 5-10
- * Teen age 10+
- * Junior Academy 10 and under

When completed CansKate skater is automatically invited to the Starskate Pathway. coaches meet and discuss at the end of each season which

Skaters will be ready for Hockey, Ringette, Speed Skating programs with local organizations

Junior Academy (invite only)

Club Board Member
18+

with an interest in helping with Club Activities

Skate Canada Official
16+

- Judge
- Evaluator
- Technical Specialist
- Data Specialist

Skate Canada Professional Coach
15+

- passed Minimum of two Star 5 tests
- CansKate/ Regional/ Provincial/ National

Updated November 2023

Academy BRONZE Completes Skate Canada StarSkate Assessments, Competes at Local Star 1-3 Fun Skates, Academy SILVER Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars

Academy GOLD Completes Skate Canada StarSkate Assessments, Competes Local, Provincial, (and if they wish) Interprovincially. Opportunity to attend Provincial Seminars

Podium Pathway - Completes Local, Provincial, National and International, Opportunity to be selected for National Seminars

HALIFAX SKATING CLUB

Starskate PATHWAY

Starskate Academy :
Jr Academy: CansKate/PreCan/Teen:
Fall/ Writer, Spring Summer
Fall, Writer, Spring, Summer
Fall, Writer, Spring

SEASONS OFFERED:

<p>Academy BRONZE</p> <ul style="list-style-type: none"> • Star 1 group • Star 1-3 and/or no Axel 	<p>Academy SYNCHRO</p> <ul style="list-style-type: none"> • Star 1+ • team's divided by age and skating levels 	<p>Academy Programming Includes:</p> <ul style="list-style-type: none"> - On ice sessions - Group Sessions On and Off-ice - Off ice Classes geared towards developing a well rounded athlete 	<p>CansKate PA (Program Assistant)</p> <p>All skaters in the Academy BRONZE, SILVER, GOLD are invited to PA on our CansKate Sessions. These are volunteer hours.</p> <p>PA Training is held each Fall</p>
<p>Academy SILVER</p> <ul style="list-style-type: none"> • Star 4.5/Pre-Luv • and/or no Axel • and/or low double jumps 	<p>Academy GOLD</p> <ul style="list-style-type: none"> • passed Star 6+ & Juv+ • working on all doubles and Triple Jumps 	<p>PODIUM PATHWAY</p> <ul style="list-style-type: none"> • Pre-Novice, Novice, Junior, Senior • Working on triples • Follows Skate Canada Podium Pathways Criteria 	<p>Academy Programming Includes:</p> <ul style="list-style-type: none"> - Club Seminars - Awards and Bursaries - Ice show and Banquet



Halifax Skating Club

Training Expectations & FAQ for Parents

Independence & Dressing Room Policy

At the StarSkate Academy level, skaters are expected to be able to tie their own skates. For Safe Sport reasons, parents are not permitted in the dressing rooms. If a skater needs help, they are welcome to step out of the room and ask a parent or member of their coaching team for assistance. We encourage skaters to build independence as part of their development both on and off the ice.

What is the SMART Routine?

At Halifax Skating Club, we're building strong, confident athletes—on and off the ice. A big part of that is helping skaters take ownership of their training through consistent daily habits.

We use the SMART Routine every day, which includes:

Smart Start Routine *(Before Every Session)*

This is the skater's personal prep time. It includes an off-ice activation warm-up (light cardio, mobility, and movement prep), followed by getting skates on and being fully ready before stepping on the ice. Skaters are expected to manage this independently or with their coach's guidance. Please plan to arrive when you can for your skater to complete their Smart Start Routine

Smart Recovery *(After Every Session)*

A short self-led cool-down stretch routine to help with recovery, flexibility, and injury prevention. Skaters are expected to complete their recovery routine before leaving the rink.

What does SMART mean?

S – **Start with Intention** –Don't just show up—have a purpose. Whether you're warming up or cooling down, come in focused and ready to go.

M – **Mobilize Your Body**—Movement matters. Skaters should activate key muscle groups before skating, and stretch them out after.

A – **Awareness Matters**—Check in with your body. Are you tired? Sore? Focused? Self-awareness helps prevent injury and builds confidence.

R – **Routine Builds Results**—Progress doesn't happen by accident. Showing up consistently, doing the warm-up, and taking recovery seriously all adds up.

T – **Take Ownership**—Skaters are expected to manage their own prep and recovery. It's part of becoming a confident, responsible athlete. These habits help skaters stay

Frequently Asked Questions

What is Coach Tech?

Small-group time with your coaching team focused on skating-specific skills. Skater coaching fees are included with your coaching invoices

What is Skills?

Skills focuses on foundational skating technique—like glides, edges, turns, field moves, power, and overall control. Skaters build strong basics that support every other area of their skating.

What is Dance?

Pattern dances performed to music. Skaters learn timing, posture, and rhythm—sometimes solo, sometimes with a partner.

What is Free Skate?

This is the part of figure skating most people picture: jumps, spins, footwork, and choreography performed to music. It's where skaters express themselves while building advanced technical skills. Starting at the STAR 2 level, skaters learn and perform a solo program, which combines these elements into a routine designed for assessment or competition.

What is Stroking/ Edge Class?

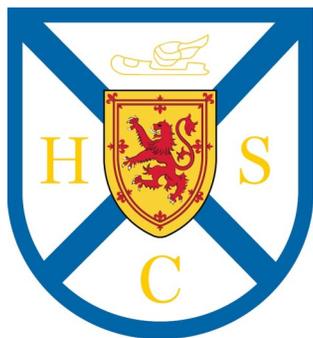
Stroking / Edge Class is a full-group class designed to improve a skater's power, speed, edge quality, and overall flow across the ice. It focuses on skating efficiency and strength—skills that support all areas of a skater's development, from jumps and spins to dance and skills testing. Stroking / Edge class sessions are led by a professional coach and are included in your registration.

What is Off Ice ?

Off-ice is sport-specific dryland training that supports strength, flexibility, balance, and movement preparation. These sessions are designed to complement on-ice work and help skaters develop as well-rounded athletes. We may also run specialty classes throughout the season, tailored to skater needs. **Attendance is mandatory** unless approved in advance by the skater's base coach. Off-ice fees are included in your registration.

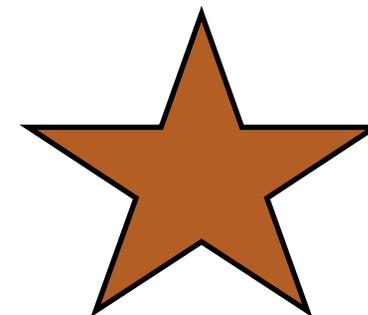
Why routines and attendance matter

Skaters who arrive prepared, participate consistently, and follow routines like Smart Start and Smart Recovery are more likely to progress faster, stay injury-free, and perform with confidence. Small habits build long-term results



Spring 2026 Season

BRONZE StarSkate



Star 1 & 2

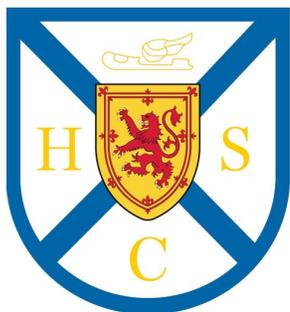
75—100 % Group or Coach directed

Off-Ice GROUP fees included. Remaining coaching fees paid to the coaching team

MONDAYS	\$155	WEDNESDAYS	\$160	THURSDAYS	\$160	SUNDAYS	\$170
April 13-June 15		April 15-June 10		April 16-June 11		April 19-June 14	
<i>Greenfoot</i>		<i>Centennial</i>		<i>Centennial *June 11 at Greenfoot 5-7</i>		<i>Centennial</i>	
No ice May 18		<i>*June 10 Greenfoot 5min earlier</i>		<i>CanSkate sessions April 9-June 4</i>		<i>May 3 - 30min later, June 7 Greenfoot, June 14-2 hrs earlier</i>	
						<i>May 31 - Group lessons by Karen Preston and guest</i>	
Monday SCHEDULE		Wednesday SCHEDULE		Thursday SCHEDULE		Sunday SCHEDULE	
3:30-3:45 Smart Start - BRONZE		4:30 - 4:55 Smart Start BRONZE		3:45 - 4:00 Smart Start BRONZE/ SILVER		4:45 - 5:30 Off Ice BRONZE	
Skates On		Skates On		Skates On		Specialty Classes	
4:00 - 4:15 Skills or Dance BRONZE *Pair/Dance		5:05-5:20 Skills BRONZE		4:05 - 4:20 Skills BRONZE/SILVER		Skates On	
4:15 - 5:00 Free BRONZE *Pair / Dance		5:20 - 6:05 Free BRONZE		4:20 - 5:05 Free BRONZE / SILVER		5:40 - 5:55 Skills- BRONZE	
5:00 - 5:20 Coach Tech BRONZE *Pair /Dance		6:05- 6:20 Dance BRONZE/ SILVER		5:05 - 5:20 Dance BRONZE/SILVER		5:55 - 6:40 Free BRONZE	
OFF ICE -		Skates Off		Skates Off		6:40 - 6:55 Dance BRONZE	
OPTION For Spinner / Harness Training Sign Up		6:30 - 7:00 Off Ice BRONZE		OFF ICE 5:35 - 6:05 BRONZE/SILVER		Teen Star 1 group - 4:45-6:55	
				Basics/ Specialty/ Cool Down			

Star 1 BRONZE TEEN Group Options

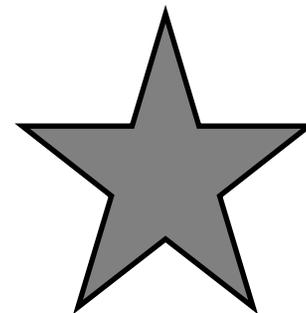
TUESDAYS	\$130	SUNDAYS	\$180
April 14-June 9		April 19-June 14	
<i>Greenfoot only</i>		<i>Centennial</i>	
7:30-8:30 On Ice Only <i>(with Silver)</i>		4:45-6:55	
<i>* sight revised schedule April 21, 28</i>		Follows Bronze Schedule	
		<i>*please review locations and times</i>	



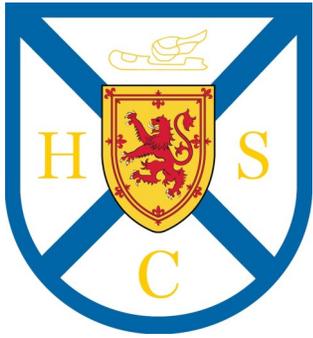
Spring 2026 Season SILVER StarSkate

Star 3-4-5

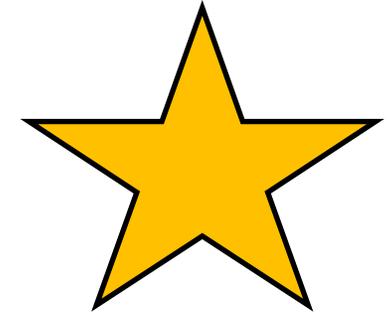
50-75% Group or Coach Directed - Off-Ice GROUP fees included.
Remaining coaching fees paid to the coaching team



MONDAYS \$245	TUESDAYS \$240	WEDNESDAYS \$220	THURSDAYS \$160	SUNDAYS \$215
April 13-June 15	April 14-June 9	April 15-June 10	April 16-June 11	April 19-June 14
<i>Greenfoot</i>	<i>Greenfoot</i>	<i>Centennial</i>	<i>Centennial</i>	<i>Centennial</i>
No ice May 18	<i>* Revised Schedule April 21/28</i>	<i>*June 10 Greenfoot 5min earlier</i>	<i>*June 11 at Greenfoot 5-7</i>	<i>May 3 - 30min later, June 7 Greenfoot, June 14-2 hrs earlier,</i>
			<i>CanSkate sessions April 9-June 4</i>	<i>May 31 - Group lessons by Karen Preston and guest</i>
Monday SCHEDULE	Tuesday SCHEDULE	Wednesday SCHEDULE	Thursday SCHEDULE	Sunday SCHEDULE
5:00 - 5:20 Smart Start	6:00 - 6:45 Off Ice SILVER	5:00 - 5:50 Off Ice SILVER	3:45 - 4:00 Smart Start BRONZE/SILVER	12:15 - 1:15 Off Ice SILVER
Skates On	Skates on	Skates on	Skates On	Specialty Classes
5:30 - 5:45 Dance SILVER	7:00 - 7:20 Skills - SILVER	6:05- 6:20 Dance BRONZE/ SILVER	4:05 - 4:20 Skills BRONZE/SILVER	Skates On
5:45 - 6:30 Free SILVER	FLOOD	FLOOD	4:20 - 5:05 Free BRONZE / SILVER	1:20 - 1:40 COACH TECH SILVER/ GOLD
6:30 - 6:45 Spins SILVER	7:30 - 8:15 Free SILVER	6:30-7:15 Free SILVER	5:05 - 5:20 Dance BRONZE/SILVER	FLOOD
6:45 - 7:00 Turns SILVER / GOLD	8:15 - 8:30 Dance SILVER	7:15- 7:35 Coach Tech SILVER / GOLD	Skates Off	1:50 - 2:35 Free SILVER
7:00 - 7:20 Coach Tech SILVER / GOLD	8:30 - 8:50 Group Edge Class SILVER		OFF ICE 5:35 - 6:05 BRONZE/SILVER	2:35 - 2:50 Skills/ Dance alternate
OFF ICE Monday	Teen Star 1 group - 7:30 - 8:30		Basics/ Specialty/ Cool Down	
OPTION For Spinner / Harness Training Sign Up				



Spring 2026 Season GOLD StarSkate



Star 5+ & Competitive Pathways

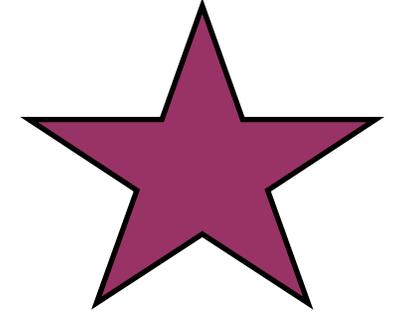
Exit Stage of the Star 5 Program
25-50% Group or Coach directed

Off-Ice GROUP class fees included. Remaining coaching fees paid to the coaching team

MONDAYS \$270	TUESDAYS \$280	WEDNESDAYS \$250	FRIDAYS \$170	SUNDAYS \$250
April 13-June 15	April 14-June 9	April 15-June 10	April 17-June 12	April 19-June 14
<i>Greenfoot</i>	<i>Greenfoot</i>	<i>Centennial</i>	<i>Centennial</i>	<i>Centennial</i>
No ice May 18	<i>Tentative - Assessment Day June 16 4:15-9:15</i>	<i>*June 10 Greenfoot 5min earlier</i>	<i>June 5 & 12 – Greenfoot ice 4:15–7:15</i>	<i>May 3 - 30min later, June 7 Greenfoot, June 14-2 hrs earlier</i>
	<i>* Revised Schedule April 21/28</i>		<i>NO SESSION- May 29 - Seminar</i>	<i>May 31 - Group lessons by Karen Preston and guest</i>
Monday SCHEDULE	Tuesday SCHEDULE	Wednesday SCHEDULE	Friday SCHEDULE	Sunday ICE SCHEDULE
6:15-6:45 Smart Start	3:30 - 3:45 Smart Start - GOLD	6:00 - 7:00 Off Ice GOLD	3:30 - 3:50 Smart Start Axel+ / GOLD	11:30 - 11:55 Smart Start GOLD
6:45 - 7:00 Turns SILVER / GOLD	4:00 - 4:15 Skills / StSq - GOLD	Skates on	4:05 - 4:20 COACH TECH Axel+ / GOLD	12:05 - 12:20 Skills / StSq GOLD
7:00 - 7:20 Coach Tech SILVER / GOLD	4:15 - 5:00 Free - GOLD	7:15- 7:35 Coach Tech SILVER / GOLD	4:20 - 5:10 Free Axel+/GOLD	12:20 - 1:10 Free GOLD
FLOOD	5:00 - 5:15 Spin - GOLD	FLOOD	5:10 - 5:20 Dance Axel+/GOLD	1:10 - 1:20 Dance GOLD
7:30 -8:30 Free GOLD	5:15- 5:30 Dance - GOLD	7:45 - 8:30 Free GOLD	5:20 - 5:30 Skills / Turns Axel+/GOLD	1:20 - 1:40 COACH TECH SILVER/ GOLD
8:30 - 8:50 Group Edge Class GOLD	5:30- 5:50 Coach Tech - GOLD	8:30- 8:40 Dance GOLD		Skates Off
	Skates off	8:40 - 8:55 Group Edge Class	GYM Classes SATURDAYS	1:45 - 2:45 Off Ice GOLD
OFF ICE—Monday	6:00 - 7:00 Off Ice GOLD		High Performance Gym - Extra Fee	Specialty Classes
OPTION For Spinner / Harness Training Sign Up			Group B 2-3pm, Group A 3-4pm	



Spring 2026 Season Pairs and Dance Star 2+ & Competitive Pathways



Pairs & Dance Training

Skate Together. Build Stronger Skills.

Pairs and Dance training helps skaters improve edge quality, timing, and performance while learning to skate with a partner. Spring 2026 is a try-it season, with no commitment beyond this season. Skaters who continue to show interest may be paired for future pairs or dance opportunities. Led by your coaches, skaters will be introduced to lifts, holds, step sequences, and unison movement in a safe, progressive environment.

Benefits include:

Stronger edges and skating skills, Improved timing and musicality, Increased confidence and awareness on the ice, Skaters may register with a partner or be grouped within the session. No partner is required. Coaches will pair skaters as needed. All on-ice lessons are paid directly to coaching staff.

Please check with your skater's base coaching team before registering.

MONDAYS	\$155	FRIDAYS	\$185
April 13-June 15		April 17-June 12	
<i>Greenfoot</i>		<i>Centennial</i>	
No ice May 18		<i>June 5 & 12 – Greenfoot ice 4:15–7:15</i>	
		<i>NO SESSION- May 29 - Seminar</i>	
Monday SCHEDULE		Friday SCHEDULE	
4:00 - 4:15 Stroking Pair/Dance / BRONZE		5:40 - 6:55 Pair / Dance	
4:15 - 5:00 Free Pair / Dance BRONZE		Skates off	
5:00 - 5:20 Coach Tech Pair /Dance BRONZE		OFF ICE	
		7:10 - 7:45 Pair/ Dance Off ice lifts	